

Finding Your Own Peace

The Sick Woman Who Found Peace (Christian story based on Mark 5:21-34)

PREVIEW

- ✓ Review Guidelines
- ✓ Background – Churches/Temples
- ✓ Lesson/Story
- ✓ Creative Response – String of Hands Craft
- ✓ Activity #1 – Circle of Hands
- ✓ Activity #2 – Hand Power
- ✓ Take-Home Opportunity – Peace for the Sick
- ✓ List of Previous Peace-Makers Lessons
- ✓ List of Previous Peace for the World Lessons
- ✓ Images Provided – Christian Churches, Buddhist Temples, Mother Teresa

REVIEW

Review 1-3 stories from the Peace-Makers section – maybe one or two stories about keeping people from fighting and one of the Jesus stories. Review one or two stories from the Peace for the World section. Then, review last week's story from the Finding Your Own Peace section. Don't let the review get too long. Keep it to five or ten minutes, even though there's a lot that could potentially be covered.

Prince with Useless Weapons (Buddhist/Jataka): Prince Five Weapons realizes his weapons won't work on the sticky-haired ogre, so he uses his brains instead. Also teaches the monster to live peacefully.

BACKGROUND – CHURCHES/TEMPLES

Supplies

Any Bible

Prompt: Our peace story for today comes from the Christian Bible. It's a story about Jesus. Does anyone know/remember where we find the Jesus stories in the Bible – the front part or the back part? [back part]

Prompt: People who follow Jesus' message often go to church to pray or sing or read the Bible. [If you are part of a church, ask them what the name of their church is.]

Prompt: Last week, we talked about a story read by people who follow the Buddha. Did you know they go to church, too? Buddhists call their church a temple. Churches all look different and temples all look different, but here are a couple of examples of churches. [Show church images on

BACKGROUND – CHURCHES/TEMPLES (cont.)

p. 137. Talk about the different features – spires/steeple pointing upwards, the presence of pillars, the colors used, etc., and teach them any words they don't know.]

Prompt: Here are a couple of examples of Buddhist temples. [Show the two Buddhist temples on p. 138 and discuss their features. The one in China has a curvy roof and lots of color, but it also has a small spire on the top and pillars. The one from Sweden is white and has lots of spires, but it has arches instead of pillars. Etc.]

Prompt: People often build churches and temples that are somewhat fancy, but no matter what a church or temple looks like, you should always treat it as a place that is special for people. Most of the time, these are not places for running around, shouting in a loud voice, or fighting. They are peaceful places for singing and praying and reading stories. Buddhists sometimes read stories about the Buddha in their temples. Christians often read stories about Jesus in churches.

LESSON/STORY

Prompt: Our story for today is about a woman who is sick. Raise your hand if you've been sick before. [Raise hands]

Prompt: How did feel when you are sick? What does your face look like when you are sick? [Make sick faces]

Prompt: Do you feel peaceful when you are sick? [Share]

Prompt: In this story, no one could seem to help the woman who was sick, so she had to come up with her own plan. That plan involved meeting Jesus. Listen to what happened.

Read: The Sick Woman Who Found Peace (pp. 141-142)

Prompt: Lots of times when we are sick, we visit a doctor, but there are probably other people who help you feel better when you are sick. Who else, besides a doctor, helps you feel better when you are sick? [Share – maybe parents, grandparents, teachers, siblings, etc.]

Prompt: There are lots of people in our lives who help us heal. Jesus was a great healer like that. He helped lots of people feel better, even though he wasn't a doctor. Here's a picture of someone else who was known as a great healer. She wasn't a doctor either, but she made lots of people feel better. Do any of you know who this woman is? [Show photo on p. 139 of Mother Teresa.]

Prompt: This is Mother Teresa, a nun who lived in India. She spent her life helping people who were sick or poor or dying. When people saw what she was doing, they wanted to help, too. Today, there are over 4,000 nuns who help sick people all over the world!

Prompt: Mother Teresa won lots of awards for her work. One of them was the Nobel Peace Prize. This prize is given each year to someone who helps bring peace to the world, and we've already talked about two other people – Nelson Mandela and Malala Yousafzai who won this same award. Mother Teresa brought peace to the world by helping people feel better. How do you think Mother Teresa and her followers did that? [Brainstorm/Guess/Share – gave people medicine, a decent

LESSON/STORY (cont.)

place to live, good food, loving kindness, etc.]

Prompt: Do you think you could help make people feel better in some way? What could you do? [Be kind, offer a hug, bring food, share extra money/clothes, etc.]

Prompt: Can you think of a time when you made a sick person feel better? [Share]

Prompt: When you do those things, you are a healer, too, even though you are not a doctor. There are lots of ways to be a healer and to bring more peace to the world!

CREATIVE RESPONSE – STRING OF HANDS

Supplies

Paper (any kind, any color), crayons/colored pencils, scissors, other decorating materials (glue, glitter, feathers, stickers, etc.), hole punch, string/yarn/ribbon

Helpful Hints

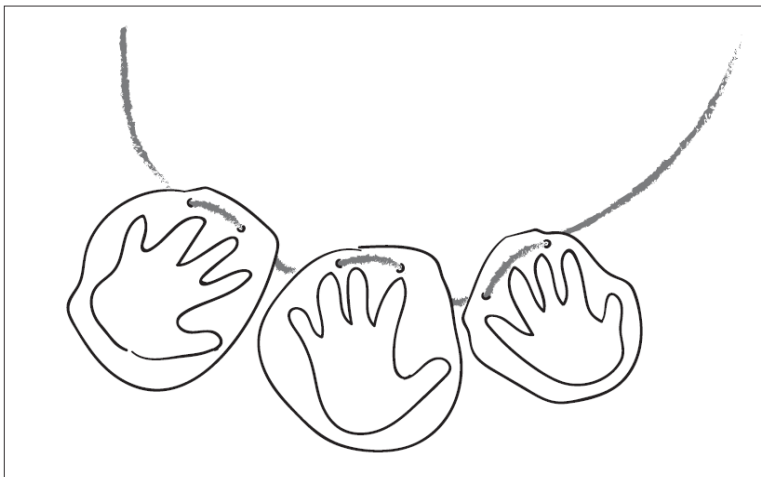
If you use washable markers, be prepared to wash their hands.

Don't cut around each finger; simply cut around the whole hand. Also, leave room at the top for the string/yarn/ribbon.

Let them make more than one handprint – one to take home and one to leave in the classroom.

Prompt: Today we're going to make a string of hands. This will remind us of the woman in the story who touched Jesus and was healed. It will also remind us of the loving hands of Mother Teresa. And, it will remind us that we can use our hands to help other people.

Have the kids trace around their hands. They can make as many handprints as they want. They can even help each other trace their hands. Cut quickly around the hands, or have the kids cut out the hands themselves.



If they are willing, have them donate one or more hands to the class to make a strand for the room. Just punch a couple of holes near the top and run yarn/string/ribbon through them.

ACTIVITY #1 – CIRCLE OF HANDS

Prompt: We can actually make our own string of hands!

Have everyone stand in a circle and hold hands. Explain that when they feel someone squeeze their hand on one side, they should pass it along by squeezing the hand of the person on the other side. That way, the squeeze will be passed all the way around the circle.

Many kids this age do not know right from left, so it works best if you start with a small circle (4-6 people) and explain the activity as you go. Once they get the hang of it, you can increase the size of the circle and attempt to go all the way around the circle with no verbal prompts.

ACTIVITY #2 – HAND POWER

Supplies

A few brown lunch bags with one easily-identified object in each (e.g., ball, crayons, stuffed animal, paper cup)

Prompt: Today we're talking about how powerful touch can be – whether it's a hug, or putting your arm around someone, or simply touching them with your hands. Our hands are also very powerful at figuring things out. For this game, we've put some objects in a paper bag. Your job is to reach into the paper bag, touch the object without looking at it, and then guess what it is.

This game works best with a maximum group size of 4-5 kids. Give each person a chance to reach a hand into the bag. Then, ask everyone to say, out loud, what they felt. It can be difficult for them to wait, which is why a slightly smaller group works better.

TAKE-HOME OPPORTUNITY – PEACE FOR THE SICK

Prompt: This week, try to do something nice for someone who isn't feeling well. You might be able to bring them a tissue or something else they need, you might be able to make a little get-well card for them, or you might just tell them that you hope they feel better soon.

PREVIOUS LESSONS FROM PEACE-MAKERS SECTION

Theme: What peace means, popular symbols of peace, the word peace in other languages

Loo-Wit (Native American): Keeping peace between two fighting brothers; turned into mountains

Muhammad (Islam): Keeping peace between tribal leaders when replacing the sacred stone

Rabbi Levi Yitzchok of Berditchev (Hasidic): Keeping peace between the innkeeper and the thieves

Bhai Sud (Sikh): Keeping peace by tricking the robbers into returning home

Jesus Calms Storm (Christian): Bringing peace to his disciples when they were afraid in a boat during a storm

Jesus Appears to Disciples (Christian): Bringing peace to his disciples when they were afraid/locked in a room

PREVIOUS LESSONS FROM PEACE FOR THE WORLD SECTION

Hatim Ta'i Risks his Life (Sufi): Hatim Ta'i, the most peaceful king ever, moved to a cave to keep from fighting a rival king. When the rival king offered a reward, Hatim Ta'i returned to the village, so the reward could be given to an old, poor couple.

Isaiah's Peaceful Kingdom (Jewish/Christian): Isaiah imagined what a peaceful kingdom and a peaceful leader might look like. He used animal pairs as examples (wolf/lamb, leopard/goat, cow/bear, lion/ox, baby/snake).

Jesus and Mission of Peace (Christian): Jesus wanted to spread his message of peace to more people, so he gave his followers instructions on how to do that – no suitcase, no sandals, eat the food offered, say “peace to this house,” etc.

Vishnu/Varaha (Hindu/Vedic): The evil Hiranyaksha put the world on the bottom of the ocean. The god Vishnu appeared as Varaha the boar, rescued the world, and defeated Hiranyaksha to restore peace and harmony.



[Wikimedia Commons: Church (public domain courtesy of Steve Karg)]



[Wikimedia Commons: Church of Själevad in Sweden (public domain courtesy of Rosendahl)]



[Wikimedia Commons: Yuantong Temple in Yunnan, China (public domain courtesy of Brücke-Osteuropa)]



[Wikimedia Commons: Donglin Temple in Shanghai, China (public domain courtesy of alanxu)]



[Wikimedia Commons: Sandro Pertini, the President of the Italian Republic, with Mother Teresa
Courtesy of the Presidenza della Repubblica]



The Sick Woman Who Found Peace

(Based on Mark 5:21-34)

1 Jesus helped lots of people which made him very popular. It seemed like everyone had a different reason for wanting to see Jesus. Sometimes, Jesus made people feel better when they were afraid; sometimes people just wanted to hear his stories.

But some people came to see Jesus because they were sick. The word on the street was that Jesus could heal anyone! He healed people who were blind, which means they couldn't see. He healed people who were deaf, which means they couldn't hear. He was even able to heal people who had sores all over their skin.

Have you ever seen a doctor when you were sick?

2 There were doctors back in Jesus' time, too, but they couldn't always figure out exactly what was wrong. In some cases, there was medicine for a disease, but the sick people didn't have enough money to pay for it. And sometimes, the closest doctor was too far away, and the sick people were too weak to travel. Many people back then ended up sick for a long time with no one to help them, which made their lives very hard.

Jesus was good at healing people, but because he often had big crowds around him, it could be hard for sick people to get near him. One time, a man who couldn't walk was lowered through the roof to see Jesus!

Have you ever seen someone who couldn't walk? Have you ever seen someone in a wheelchair?

3 Because the man couldn't walk, four of his friends let the man sit on a blanket while they carried him around. They heard Jesus was healing people, but when they showed up at the house, it was so crowded, they couldn't even fit

inside! So they carried the man on the blanket up to the roof. They removed a piece of the roof to make a hole. Then, they lowered the man down, so he landed right in front of Jesus.

That certainly got Jesus' attention. And when Jesus told the man to stand up and walk away, he did!

How do you think the man felt when he stood up off his blanket and walked?

4 Then there was the story of the woman who was healed just by touching Jesus.

It was one of those days when Jesus was preaching and teaching to the crowds. This time, a leader in the church, which was called a synagogue, came running up to Jesus. His daughter was very sick, and they were afraid she might die. The man asked Jesus to visit his house and make his daughter well again. Jesus agreed, and the two of them began walking to the sick girl's house.

The crowds didn't want to miss one of Jesus' famous healings, so all the people started following them. The entire crowd was moving down the street waiting to see what would happen.

Have you ever seen a crowd gathered around to see something exciting?

5 That's when the sick woman decided to make her move.

She had been sick for 12 years! She had seen lots of doctors, but they couldn't seem to help her. She had spent all her money on medicines and other cures, but nothing seemed to work. She was tired of being sick. She couldn't work around the house, she didn't have any fun when people came to visit, and she felt worried all the time.

PEACE

The woman was sure Jesus could heal her, even though the doctors couldn't. Maybe Jesus could bring her peace. There was only one problem. Jesus was always surrounded by so many people. How would she get his attention? How would she get close enough to him?

This woman had been sick for 12 years. Can you count to 12?

6 Then the woman had an idea. She didn't really need to be standing in front of Jesus, and she didn't really need to talk to him. All she needed to do was touch him.

"If I could just touch his clothes, I would be healed," the woman said to herself.

When Jesus started walking to the sick girl's house, and the crowd started moving along with him, the woman realized this was her chance.

She stretched out her arm. Reach. Reach. Reach. Nope. Jesus was just a little too far away.

She tried to get closer, but people were pushing and shoving and blocking her way.

She stretched out her arm again. So close! She was sure she could reach Jesus if she tried.

Can you put out your arm and stretch it out as far as it will go?

7 And then she felt it. She must have touched him, because all of a sudden, she felt completely healed. It was a wonderful feeling. She hadn't felt this well in a really long time.

But she wasn't the only one who felt something amazing happen. Jesus felt it, too.

"Who touched my clothes?" Jesus asked as he spun around and looked across the crowd.

"Seriously?!" asked his followers. "There are people all around you. Surely, you have been touched many times!"

"This was different," replied Jesus. "This was someone who wanted to be healed, and I healed the person. I want to know who it was!"

Can you stand up and pretend like you are looking for someone in a crowd?

8 Now the woman was frightened. She didn't think Jesus would make such a big deal out of a little touch. She didn't even think he would notice. But he did, and now everyone was standing around waiting to see who would step forward.

"Maybe everyone will just keep walking," the woman said to herself.

But no one moved, and Jesus just stood there, looking out at the crowd.

Shaking and full of fear, the woman stepped forward. She fell at Jesus' feet and explained the whole story – how she had been sick for so long, how she had only wanted to touch his clothes, how she had finally been able to reach out and feel him, and how that touch had healed her.

Do you think Jesus is going to be kind to the woman or mean to her?

9 For a brief moment, there was complete silence. No one moved a muscle. Everyone waited to see what Jesus would do.

Jesus looked down at the woman. He saw how afraid she was, but he also saw that she had finally been cured of her sickness.

Then he said, "Go in peace. You have been healed of your disease."

The woman breathed a sigh of relief. She knew she could count on Jesus! Her plan had worked. He had healed her, and her life would be so much better from now on.

Jesus turned to go. The woman stood there as the crowd moved along, still following Jesus. After all, there was still a sick girl who needed healing, too.

How do you think the woman felt after Jesus healed her? Do you think she felt more peaceful?